Athonite Hymn
to the Panagia*

Grave Mode (Diatonic)
Triple Meter

adapted from oral tradition
as recorded by Hieromonk Hierotheos of Philotheou

Moderato ـ 120

Παναγία Δέσποινα

* This paraliturgical hymn may be chanted during the distribution of the antidoron after liturgy. In some monasteries on the Holy Mountain, it is chanted after the procession back into church following the meal after a vigil on feast days of the Mother of God.
pure one. Hasten to deliver all of us from every danger and necessity and from a sudden death, which destroyeth utterly and finally. We know that thou art capable to consummate all things that thou dost want to do. Lady of the universe, the hope and protection of the world, O Maiden full of grace, come hearken unto us who pray to

www.stanthonyssmonastery.org/music/Menaion.htm
Athonite Hymn to the Panagia

thee.
O Protection of Christians

Kontakion

Second Mode

Intonation: #4

Allegro \( \frac{1}{4} \) 150

O protection of Christians that cannot be put to shame,

mediation unto the Creator most constant:

O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid,
O Protection of Christians

who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.
Office of Supplication for our Environment*

September 1

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{\text{♩}}{\text{♩♩♩}} \)

Lord and Saviour, who as God brought all things into being

by a word, establishing laws and governing them unerringly to your glory, at the prayers of the Mother of Thy

* Patriarch Demetrios of Constantinople made September 1st a day of special prayer for the Environment and commissioned the hymnographer Monk Gerasimos of the Holy Mountain to compose a special office for it. This service was translated by Archimandrite Efrem (Lash) and is available online at: [http://www.anastasis.org.uk/environment.htm](http://www.anastasis.org.uk/environment.htm)
God, keep secure and unharmed all the elements

which hold the earth together, and save the universe.
The Consecration of the Church of the Holy Resurrection

September 13

Kontakion

Intonation: #8

"On this day Thou hast appeared"

Fourth Mode (modified)

"On this day Thou hast appeared"

The Church is shown to be a many-lighted heav - en that doth shine a guid - ing light up - on all them that do believe; where - in while stand - ing, we cry a - loud: Do Thou Thy - self now
establish this house, O Lord.
Saint Theodore of Tarsus
Archbishop of Canterbury

September 19

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

Allegro \( \frac{\text{b}}{150} \)

Son of Tarsus like Paul and a teacher of Peter's faith England did receive thee with gladness to unite its divided church. Thy words, O Holy Theodore, brought peace, while bearing in thy heart the gift of God.
Thou proclaimest the true Person of Christ to all:

both God and Man, the world's Saviour. Glory to Him Who did choose thee as His friend; Glory to Him Who hath glorified thee; Glory to Him Who through thy prayers bestoweth His mercy on us.
Saint Etheldreda* of Ely
Queen and Abbess
Protectress of Cambridge

October 17

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Let us praise— the virgin Etheldreda, flame of faith— above the church of Ely, Mother Abbess,
in - ter - ces - sor and protec - tor for all. In her the

* Pronounced "Ef-ol-DREE-dah"

www.stanthonyssmonastery.org/music/Menaion.htm
The image of God was restored to shine, and she was crowned with great glory by our Saviour Christ, ever praying in the Spirit before the Father’s throne that His great mercy may be granted unto us.
With the flow of the many-streamed river of almsgiving
thou didst water the dry earth of the needy and
show-er alms on the wid-ows and poor; thou didst
shine forth with the light of thy works and wast ra-di-
ant with grace, O Tabitha. Glory to Christ Who

loveth thee; glory to Christ Who hath blessed

thee; glory to Christ Whom thou didst follow as a

true disciple and a spotless lamb.
When the stone was sealed by the Jews and the soldiers were guarding Thine immaculate body, Thou didst arise on the third day, O Saviour, granting life unto the world. For which cause the powers of heaven cried out to Thee, O Life-giver: Glory to Thy resurrection.
**Sunday Troparia - First Mode**

----

rec - tion, O Christ. Glo - ry to Thy King - dom. Glo - ry to Thy

dis - pen - sa - tion, O on - ly Friend of man.

---

Glory...

**Δόξα Πατρί**

Glo - ry to the Fa - ther, and to the Son, and to the

Ho - ly Spir - it.

---

Both now...

**Καὶ υἱόν**

Both now and ev - er, and un - to the ag - es of

ag - - - es. A - men.

---

[www.stanthonymsmonastery.org/music/Additional.htm](http://www.stanthonymsmonastery.org/music/Additional.htm)
While Ga-bri-el was say-ing Re-joice to thee, O Vir-gin,
at his voice the Mas-ter of all things took flesh with-in thy pure-
womb. He dwelt in thee as His ho-ly ark as spake the
right-eous Da-vid in the psalms. Thou wast seen to be more spa-
cious than all the Heav-ens since thou didst bear thy Cre-a-
tor. Glo-ry to Him that willed to dwell in thee. Glo-
ry to Him that came forth from thee. Glo-ry to Him that,
through thy giving - birth, hath deliv - ered us.
The re-pen-tance of the thief hath plun-dered Par-a-dise,
and the la-men-ta-tion of the myrrh-bear-ers hath pro-
claimed joy; for Thou art ris-en, O Christ God,
grant-ing great mer-cy un-to the world._
When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou also raise the dead out of the nether world, all the powers of the heavens were crying out: O Giver of life, Christ our God, glory...
be to Thee.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Spir - it.

Both now...

Kai vůn

Both now and ev - er, and un - to the ag - es of

All thy mysteries are beyond comprehension; all are exceedingly glorious, O Theotokos. Sealed with purity and preserved by virginity, thou wast known to be a true mother, giving birth unto the true God. Do thou entreat Him that our souls be saved.
After the Passion, the women came unto the tomb
to anoint Thy Body, O Christ God; they saw
Angels in the grave and stood in awe; for they heard their
voice, proclaiming that the Lord is risen, granting great
mercy unto the world.
Apolytikion of the Resurrection

Third Mode

Allegro \( \frac{1}{4} \)

Let the heavens rejoice, and let things on earth be glad, for the Lord hath wrought might with His arm; He hath trampled upon death by death; He hath become the first-born of the dead. From the bowels of Hades hath He delivered us, and hath granted great mercy to the world.
Glory...

Δόξα Πατρί

Glory to the Father, and to the Son, and to the Holy Spirit.

Both now...

Καὶ αὐν

Both now and ever, and unto the ages of ages. Amen.

Resurrectional Theotokion

Σὲ τὴν μεσίτευσαν

We praise thee, the Mediatrix for the salvation
of our race, O Virgin Theotokos; for in the flesh taken from thee, thy Son and our God hath
deigned to endure the passion through the Cross, and hath deemed us from corruption, since He is the Friend of
man.

Sometimes singing in moderation successfully relieves the temper. But sometimes,
if untimely and immoderate, it lends itself to the lure of pleasure.
Let us then appoint definite times for this, and so make good use of it.

-St. John of the Ladder
Caus - ing a - ston - ish - ment by his ap - pear - ance and re -

fresh - ment by his speech, the ra - diant An - gel said un - to the

myrrh - bear - ers: Why seek ye the Liv - ing One _

in the tomb? Ris - en is He _ that hath _ emp -
tied the tombs. Know _ Him as the im - mu - ta - ble Chang - er

of cor -rup - tion; say un - to God: How awe - some are Thy

works! For Thou hast saved the race _ of _ man.
Having learned the joyful proclamation of the Resurrection from the angel, and having cast off the ancestral condemnation, the women disciples spake to the Apostles triumphantly: Death is despoiled, and Christ God is risen, granting great mercy unto the world.
Glory...

Δόξα Πατρί

Both now...

Καὶ νῦν

Resurrectional Theotokion

Τὸ ἀιῶνος
to the angels is made manifest through thee, O Theotokos,
to those on earth. God became incarnate in an un-
mingled union and for our sake hath submitted willingly to the Cross, whereby He hath raised up the first-fashioned man and hath saved our souls, from death.

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Col. 3:16
The myrrh-bearing women ran forth and declared to the Apostles the tidings of Thy wondrous arising, O Christ; for Thou as God art risen, granting great mercy unto the world.

Τὰ τῆς σής παραδόξου
Let us worship the Word, Who is unoriginate
with the Father and the Spirit, and from a virgin was
born for our salvation, O believers, and let us
sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death,
and to raise up those who had died, by His glorious Resurrection.

Glory...

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Both now...

Both now and ev - er, and un - to the ag - es of un - -


www.stanthonyismonastery.org/music/Additional.htm
Text © 1997, Holy Transfiguration Monastery, Brookline, MA
Resurrectional Theotokion

Χαίρε πύλη Κυρίου

O impassable gate of the Lord, do thou rejoice. Rejoice, O rampart and shelter for them that hasten to thee. Tranquil haven and pure Maiden who didst not know man and who barest in the flesh thy Creator and thy God, rejoice; and cease not to pray Him, making entreaty for them that worship and praise Him that was born of thee.

www.stanthonysmonastery.org/music/Additional.htm
Text © 1997, Holy Transfiguration Monastery, Brookline, MA
Astonished in mind at the vision of the Angel, and enlightened in soul by Thy divine arising, the myrrh-bearers proclaimed the good tidings unto the Apostles: Proclaim among the nations the Resurrection of the Lord, Who worketh with you in wonders, and granteth us great mercy.
When the angelic powers were at Thy tomb, then they that guarded Thee became as dead. And Mary stood beside the grave seeking Thine immaculate body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant life to us.
O Thou Who art risen from the dead, Lord, glory be to Thee.

Glory to the Father, and to the Son, and to the Holy Spirit.

Both now and ever, and unto the ages of ages.

Amen.
Thou, Who didst call Thy Mother blessed, cam'est of Thine own free will unto the passion, shining forth upon the Cross, wishing to seek out Adam, and saying unto the angels: Rejoice with Me, for the drachma that was lost is found. Thou Who hast wisely ordered all things, glory be to Thee.
By Thy vol - un - tar - y and life - cre - at - ing death, O Christ,
Thou, as God, hast bro - ken the gates of Ha - des
and hast o - pened the an - cient Par - a - dise to us. And a -
ris - - - ing from the dead, Thou hast de - liv - ered our
life from cor - rup - tion.
By Thy Cross Thou didst abolish death; to the thief Thou didst open Paradise; Thou didst transform the myrrh-bearers' lamentation, and didst order Thine Apostles to preach that Thou art risen, O Christ our God,

be-stow-ing great mer - cy up-on the world.
Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Un.

Spír - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of


Resurrectional Theotokion

Ως τῆς ἡμῶν ἀναστάσεως

As the treas - ur - y of our sal - va - tion, O all - hymned one,
do thou lead up from the pit and abyss of offenses

doom them that hope in thee; for them that were liable because of sin hast thou saved by giving birth to Salvation,

O thou who before childbirth wast virgin, and after childbirth again remainest virgin.
Thou Who didst take on our form and didst bodily endure the Cross, save me by Thy Resurrection, O Christ God, since Thou art the Friend of man.
Allegro

From the heights didst Thou come down, O Compassionate One.

And Thou didst submit to three-day burial that from the passions Thou might deliver us. O our

Life and Resurrection, O Lord, glory be to Thee.
Glory to the Father, and to the Son, and to the Holy Spirit.

Both now and ever, and unto the ages of ages. Amen.

O Thou Who for our sakes wast born of a Virgin,
and didst suffer crucifixion, O Good One, and
didst depoil death by death, and as God, didst reveal the
Resurrection: Disdain them not which Thou hast fashioned with Thy hand; show us Thy love for mankind, O Merciful One; accept the Theotokos that
gave Thee birth, who intercedeth for us; and do Thou, our
Saviour, save a despairing people.
Standing at the tomb of the Life-giver, the myrrh-bearers sought the immortal Master among the dead; and receiving the good tidings of joy from the Angel, they announced to the Apostles that the Lord is risen, granting great mercy unto the world.